# BEE-HIVE GIRLS



1919

Y.L.M.I.A.

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# HAND BOOK

FOR THE

# BEE-HIVE GIRLS

OF THE

# Y. L. M. I. A.



*FOURTH EDITION*
*1919*

*PUBLISHED BY*
THE GENERAL BOARD OF THE YOUNG LADIES' MUTUAL IMPROVEMENT ASSOCIATION

BISHOP'S BUILDING,
SALT LAKE CITY, UTAH

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*By Martha H. Tingey, for the*
*Young Ladies' Mutual Improvement Association*

# THE SPIRIT OF THE HIVE

Have Faith
Seek Knowledge
Safeguard Health
Honor Womanhood
Understand Beauty
Know Work
Love Truth
Taste the sweetness
of Service
Feel Joy

INDI

*Bee-Hive Name* .....

*Meaning*.....

*Symbol*

*Member of* .....

*Meaning of Swarm Name*.....

*Swarm Symbol*

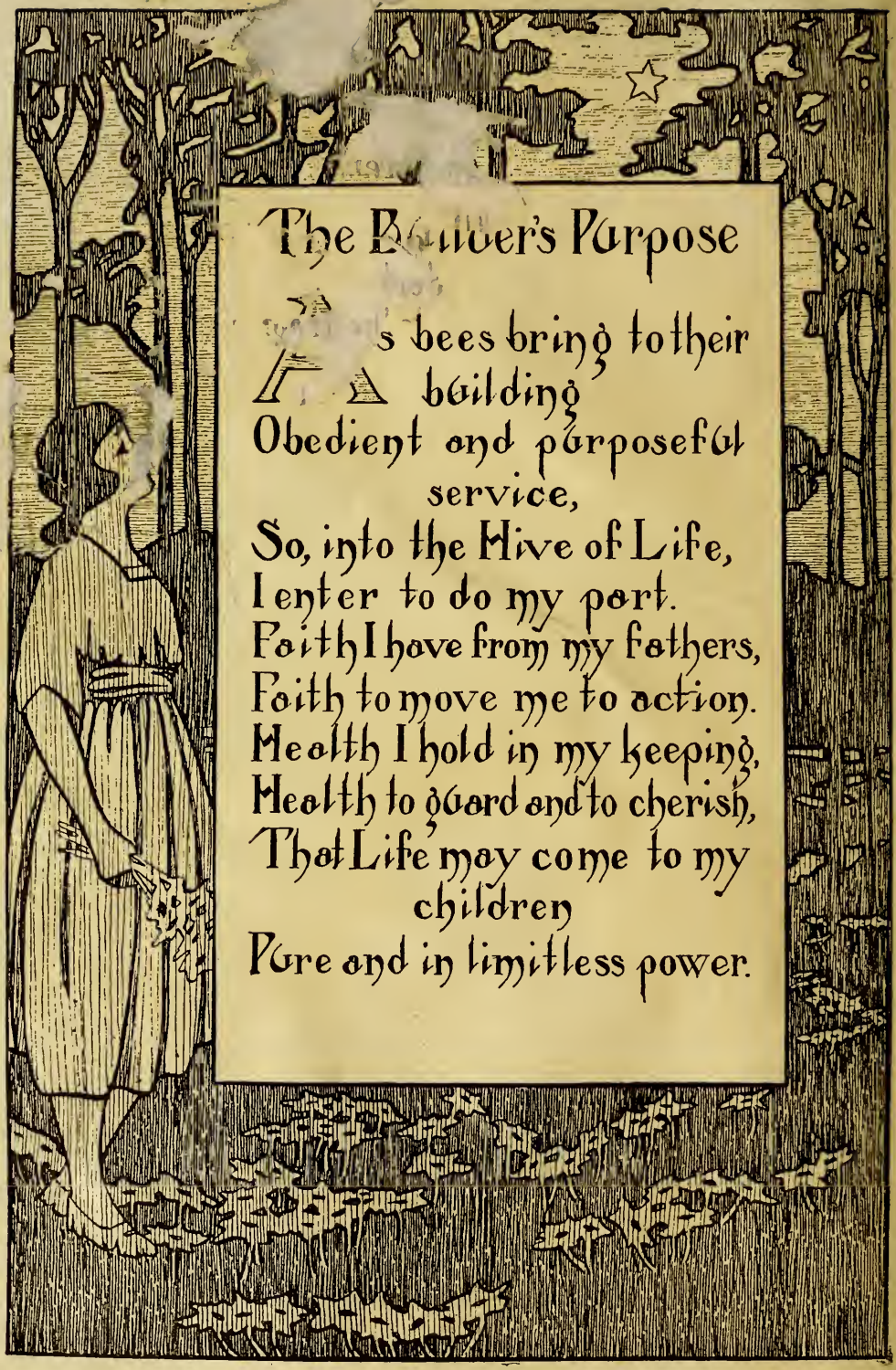
.....*Ward,* .....*Stake*

*Became a Bee-Hive girl (date)*.....

*A Builder in the Hive*.....

*A Gatherer of Honey*.....

*A Keeper of the Bees*.....


The Builder's Purpose
As bees bring to their building
Obedient and purposeful service,
So, into the Hive of Life,
I enter to do my part.
Faith I have from my fathers,
Faith to move me to action.
Health I hold in my keeping,
Health to guard and to cherish,
That Life may come to my children
Pure and in limitless power.
T. Olsen

# The Honey [illegible]s Song



Out in the dew sparkling
down I
Straight to t[illegible]ront
flower heart.
Skies are blue and days
are fair
Honey lies hidden everywhere
Joy to gather my share!

Youth is fair as the dewy morn.
Sing the gladness of having been born
When the sun of knowledge is shin-
ing clear,
Where natures beauty is calling near
Joy to see and to hear!

Knowledge is sun of youth's bright day.
Gather and store its golden ray
To light the mind whose hidden fire
Burns in growth of the soul's desire.
Joy to kindle this fire!

Palsen



..Pine trunks symbolizing security, steadfastness. The girl who desires that quality will have a reminder in this symbol.



2

Conventionalized potato blossom typifying benevolence or a desire to promote happiness.



3

A conventional design of bluebells, representing constancy; a persevering resolution; or firmness in spite of difficulties.



4

The yellow of the sunflower signifies "Liberty," and the flower always turns to the sun, or looks toward the light.

It is also well adapted to be a swarm symbol, each one of what appears as a petal being in reality a tiny flower.

# SYMBOLS

Dogwood for the girl who wishes to *wear well* (durability). It might also be chosen by one who seeks health in the fresh air, for it flourishes in the open fields.

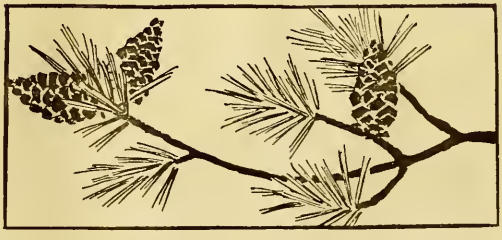



Thistle for the girl who seeks to rely upon herself (independent). Also could be used as a warning, its prick having caused an enemy soldier to cry out, thus alarming and saving the Scotch from a surprise attack, in time of war




Wild cherries for one who wishes to, or should live out of doors.

8



Pine cones and branches for one who aims to preserve vigor and the spirit of youth.

## SYMBOLS



Group of Bee-Hive Girls, President Y. L. M. I. A., Boy Scout Master and four Aides of Lindon First Ward, Alpine Stake, on the highest peak of Mt. Timpanogas, 11,996 feet above sea level. "It makes one feel qu er to walk along the sky line with thousands of feet to look down on each side, as in some places the trail is only two feet wide."



Back of Mt. Timpanogas, Wasatch Range, Utah, showing portion of glacier. Taken by Bee-Hive Girl of Pleasant Grove, Alpine Stake.

# The Bee-Hive Girls

## Introduction to Fourth Edition

1919.

In 1915 when the plans of the Bee-Hive Girls' organization were first given out it was in the hope that they would find a place in the lives of our girls, and with a distinct feeling of gratitude to God, our Eternal Father for His enlightening power that had enabled us to develop them thus far. How nearly adequate they might be we did not know; that we had tried to do our best we were sure; and that He would bless the effort we prayed. That He has done so is proved by the hold the work has taken and by the fact that the General Board Y. L. M, I, A., under whom the Bee-Hive Girls' Committee worked, has decided to adopt the plan as their Junior work.

This gives it greater opportunity, for under the new plan the work can be continued during the entire year, instead of for the summer only, as heretofore.

In Maeterlinck's "Life of the Bee," upon which our symbolism is founded, he refers to an invisible something which moves each bee to do its work—some to build the comb, some to gather propolis with which to strengthen the cell walls, one to become the mother of the hive, others to fan the brood cells, others to clean the hive, still others to gather honey. This invisible something he calls the "Spirit of the Hive." So we have taken the things which daily move us to action, and which, rightly done, will develop womanhood; these we have embodied in "The Spirit of the Hive." Every girl who will adopt this law unto herself and let it prompt her actions will find strength in time of need, will have her eyes opened to the beauty about her, and will find in her daily routine—Joy.

We cannot close without again acknowledging our indebtedness to others,—"The Girl Guides" of Great Britain;

the Camp-Fire Girls of the United States of America and to their founders and organizers, the late Dr. Luther H. Gulick and his wife, Charlotte V. Gulick, whose sympathetic advice we most deeply appreciate; to Maurice Maeterlinck for his poetic version of "The Life of the Bee;" to other advisors at home; and to our Heavenly Father for His continued help and blessing.

May the coming year be one of accomplishment of the things we most desire in righteousness; and one of Joy.

## I.

## The General Plan

THE NAME is "Bee-Hive Girls."

THE PURPOSE is to train for service; to create a love for life and work, a love for the world and to discover all that is worthy in it; to throw romance around ordinary duties; to show that activity is life, and to enrich activity; to teach girls to be orderly, to divide their time and use it successfully; to socialize their lives—in brief to perfect their womanhood, to help them hold to the faith of their fathers and to develop it in their individual womanhood, drawing from all good sources to do so.

THE ORGANIZATION is to be presided over by the regular Y. L. M. I. A. officers. Each ward should organize one or more swarms, according to the number of its members. A swarm consists of from eight to twelve; it may be larger if necessity requires, but the officer in charge can keep in touch with her girls better if the swarm is small. The swarm is to be in charge of a Bee-Keeper and one or more Assistant Bee-Keepers; it is to have a name and a symbol.

MEMBERSHIP is open to all Y. L. M. I. A. members and to any others who desire to join and are willing to comply with the requirements. The age is fourteen years and upward.

RANKS. When a girl first joins she is called simply a Bee-Hive Girl. Generally it is desirable for all members of a swarm to begin work at the same time, but others may be added as necessity requires. When the girl fills a certain number of cells, she is promoted to the rank of "Builder in the Hive;" a certain number more, to that of "Gatherer of Honey;" still certain others, to that of "Keeper of the Bees." From this latter rank future Bee-Keepers may be chosen; but a girl may hold the rank without being selected to become a Bee-Keeper. Generally one rank will be attained each year. It should be the aim to have all members move along some-

what uniformly, doing thorough work and finding joy in it, rather than crowding along to see how quickly ranks can be attained. As a rule ranks are to be conferred on "The Day of the Swarm," a festival planned for the close of the summer season.

AWARDS. As a hive is made up of cells filled with different kinds of honey, pollen, eggs, larvae, so our bodies are made up of cells filled with the different elements taken into them; so womanhood is built and perfected by the experiences we have in various fields. Bee-Hive Girls will fill cells with material (or experience) gathered in seven fields: Religion, Home, Health, Domestic Arts, Out of Doors, Business, Public Service. The cells are of two kinds: Foundation—those required to be filled by each member before she can advance to a higher rank; Structural—those which she may choose to fill in the various fields. . Of the Structural cells there are also two kinds—New and Continuous. Every Structural cell is "New" the first time it is filled, even though it may be followed by the letters "C." or "C.D."; it becomes "Continuous" when refilled. Those marked "C." are to be refilled the same way; "C. D." in a different way. When a cell is filled with honey, the bees seal it over with wax; so in the Bee-Hive organization a seal is awarded for each cell filled and the girl places it on the record page of the field in which she has filled the cell, thus sealing over the cell. The girls receive awards from the time the swarm is organized. All Stake Board members and Executive Officers (President, Counselors, Secretary and Treasurer) of ward associations, as well as Bee-Keepers and Assistants may have credit for things done within the past three years, as it is due to their having done this kind of work that they are qualified for such positions.

THE DRESS. It is optional whether the girls have a special dress. For those who desire it, it is to be a rather short skirt (or bloomers for a hike), with middy-blouse and neck tie, keeping to the colors of the organization—brown, light blue and gold.

The WATCHWORD is Womanho (pronounced with a long o; the a as in father; and the accent on the second syllable). "Wo" stands for work, "man" for mankind, "ho" for home—work for mankind and home; and the three taken together spell "Womanhood' except for the last two letters which are dropped.

SONGS. Some songs especially written for us will be found in this book, and in Young Woman's Journal, Vol. 28, pp. 233, 287, 418, Vol. 29, pp. 173, 235, 359, 487, 599, and current volume.

## II.

## Membership and Rank

### BEE-HIVE GIRL

In order to become a Bee-Hive Girl the applicant must:
1st, Know the purpose of the organization.
2nd, Express her desire to become a member, and to abide by The Spirit of the Hive, which she must repeat from memory.

The Spirit of the Hive.

Have Faith
Seek Knowledge
Safeguard Health
Honor Womanhood
Understand Beauty
Know Work
Love Truth
Taste the Sweetness of Service
Feel Joy

Having become a Bee-Hive Girl, she begins to direct her efforts toward filling those cells which will entitle her to advancement.

### BUILDER IN THE HIVE.

To become a Builder in the Hive a girl must fill the following

Foundation Cells.

1. Have been a Mutual Improvement or Bee-Hive Girl at least two months ~~and have~~ read the Handbook.
2. Select a name and a symbol.
3. For two months average at least one-half hour's daily exercise out of doors.
4. Sleep out of doors or with wide open windows for two months.
5. Know the vertical line test for correct posture of body. Every time she can remember it during one month assume and maintain it.
6. Set a table tastefully, having dishes clean and properly arranged, with clean linen and some simple seasonable decoration.
7. Mend at least two pieces of clothing each week for one month, not delaying it until the article is needed.
8. Pay her dime fund for the current year.

9. During one month do twenty-five "daily good turns," quietly and without boasting.

10. Every day for one month properly air and make a bed.

11. Know four essential things to observe in bathing a baby.

12. Know how to sterilize gauze and keep it sterile.

13. Know what to do for fainting; how to properly care for a cut, a burn, a bruise and a sprain.

14. Know how to arrange and what the essentials are for a home emergency and medical cabinet.

15. During one month attend to her daily prayers, taking time to appreciate and feel the spirit of the occasion.

16. Learn all there is to know about the thing from which she has taken her name and symbol. Be constantly on the lookout for it. Before the end of the season be able to tell its history and characteristics and some of the ways in which it has influenced her.

### Structural Cells.

Fill in addition, thirty-six structural cells, eighteen of which may be continuous. The least number of cells to be filled in each field is two. And she must memorize and repeat

### The Builder's Purpose.

As bees bring to their building
Obedient and purposeful service.
So, into the Hive of Life,
I enter to do my part.
Faith I have from my fathers,
Faith to move me to action.
Health I hold in my keeping,
Health to guard and to cherish,
That Life may come to my children
Pure and in limitless power.

Having fulfilled the above requirements, and repeated the "Builder's Purpose" the girl may have conferred upon her the rank of "Builder in the Hive." The color for this rank is brown and the one who has attained it is entitled to wear the Bee-Hive emblem on her sleeve.



## GATHERER OF HONEY.

To become a Gatherer of Honey a girl must fill the following

### Foundation Cells.

1. With assistance of any other person prepare and serve at least two family meals, setting the table tastefully with brightly polished dishes, clean linen, and some simple, seasonable decoration.

2. For at least one month, refrain between meals from candy, chewing gum, sundaes, sodas and commercially manufactured beverages.

3. During two months average daily at least one-half hour's out-door exercise.

4. Sleep out of doors or with wide open windows for two months.

5. Know about the proper use of hot and cold baths, care of the hands, teeth, cleanliness of the hair and its appropriate dressing.

6. Mend at least four pieces of clothing in each week for one month, or average that number. Do it in time to save the proverbial nine stitches.

7. Pay her dime fund for the current year.

8. Study the revelation containing the Word of Wisdom (Sec. 89, Doc. and Cov.) Explain its meaning (See "Young Woman's Journal," Vol. 15, page 41, or "Joseph Smith as Scientist," Chap. 13). Obey it for one month.

9. Read one book of the M. I. A. Reading Course.

10. Know and be able to join in singing all the words of her National Anthem.

11. Know how to properly make a baby's bed.

12. Know contents and use of a first aid kit to take on an outing. Know what to do in case of 3 possible accidents.

13. Know the proper amount of rest for a normal girl in her teens; endeavor for one month to secure that amount.

14. During one month watch her speech and tell the truth.

15. During one month do her utmost to control her temper.

16. Further develop her understanding of her name and symbol; tell some way they have been of value to her.

### Structural Cells.

Fill in addition thirty-six structural cells, at least two in each field, eighteen of which may be continuous.

She must also memorize and repeat

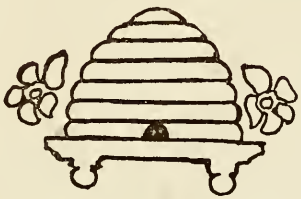
### The Honey Gatherer's Song.

Out in the dew sparkling dawn I dart
Straight to the fragrant flower heart.
Skies are blue and days are fair
Honey lies hidden everywhere.
Joy to gather my share!

Youth is fair as the dewy morn.
Sing the gladness of having been born
When the sun of knowledge is shining clear,
Where nature's beauty is calling near.
Joy to see and to hear!

Knowledge is sun of youth's bright day.
Gather and store its golden ray
To light the mind, whose hidden fire
Burns in growth of the soul's desire.
Joy to kindle this fire!

A girl having fulfilled all the requirements and repeated the words of the "Honey Gatherer's Song", may have the rank of "Gatherer of Honey" conferred upon her. She is then entitled to add the blue flower to the emblem she already wears; the blue violet is chosen because it means "faithfulness," and the color (light blue) is selected for the rank because it is the favorite color of the bees.



## KEEPER OF THE BEES.

To become a Keeper of the Bees a girl must fill the following

### Foundation Cells.

1. Keep her own clothing in repair for at least one month, doing the mending on time and not leaving it until ready to wear it.
2. Prepare and serve two family meals without assistance, and on time, doing the necessary purchasing, setting the table tastefully, having the dishes clean.
3. Outline two programs for enjoyable family home evenings, and if possible get them carried out.
4. Keep a written account of all money received and spent during one month, classifying it under heads of food, clothing, amusements, tithing, reserve fund, etc.
5. Read Maeterlinck's "Life of the Bee."
6. Commit to memory poem of not less than twenty-five lines.
7. Form her own ideals in relation to her dress, her speech, her manner. During one month be honest in expressing those ideals.
8. Know what a girl of her age ought to know of the physiology of her own body.
9. Know how to make up a bed with a patient in it, using a draw sheet.
10. Know how to give a cleansing bath to a patient, also a bath to reduce fever.
11. Know proper diet and required amount of rest for a baby during the first year; during the second year.
12. For one week control her temper.
13. During one month be honest in her dealings with others, (a) in the home, (b) outside of the home.
14. Make some use of her name or symbol.
15. Know the life cycle of the human being according to the gospel of Jesus Christ,—pre-existence, mortality, immortality. Know wherein lies woman's glory in this Divine plan.
16. During one month observe as many as possible of nature's phenomena in her own neighborhood such as sunrise, sunset, twilight, night and the stars, storms and winds, growth and decay during the different seasons, springs, creeks, marshes, mountains.

### Structural Cells.

Fill in addition thirty-six structural cells, at least two in each field, eighteen of which may be continuous.

She must also memorize and repeat

### The Bee-Keeper's Service.

> I love the Bees. I recognize the power of that unseen Spirit of the Hive to which each Bee responds. To work in harmony with that spirit,—loving girlhood, honoring womanhood, guarding motherhood, working in joy today, and with faith turning my eyes ever toward the future—herein lies my Bee-Keeper's service and its recompense.

Having now won a sufficient number of awards, the rank of "Keeper of the Bees" is conferred upon the candidate, and she is entitled to add the queen bee to her emblem. The color of this rank is gold.



THE OFFICIAL EMBLEM is to be worn on the left arm. Experience has proved that it varies greatly when drawn and embroidered by the individual girls. In consequence the one sold by the General Board has been adopted as the only official emblem. It will not be sold except on the order of Bee-Keeper or Y. L. M. I. A. Officers.

## SPECIAL WORKERS.

The girl who has earned the first three ranks is entitled to specialize in the line of work that most interests her. Let a record be kept and seals awarded for all cells filled, and the credit can be used later toward the desired rank.

## WAR EMERGENCY WORKERS.

Conditions continue to demand the production and conservation of food, the governments of the world are still urging co-operation in regard to child welfare, and the Red Cross is still asking for help in some lines of work, consequently any Bee-Hive Girl may continue to give War Emergency service, in one or all four lines—Food Production, Food Conservation, Red Cross, Child Welfare. The girl who successfully fills twenty-four of the starred and War Emergency cells is entitled to wear the Bee-Hive War Emergency pin. These twenty-four cells may also count toward a rank. In future years this pin will be a most valued trophy, showing a girl's part, even as her brother's decorations show his, in the winning of the world's war.

# III.

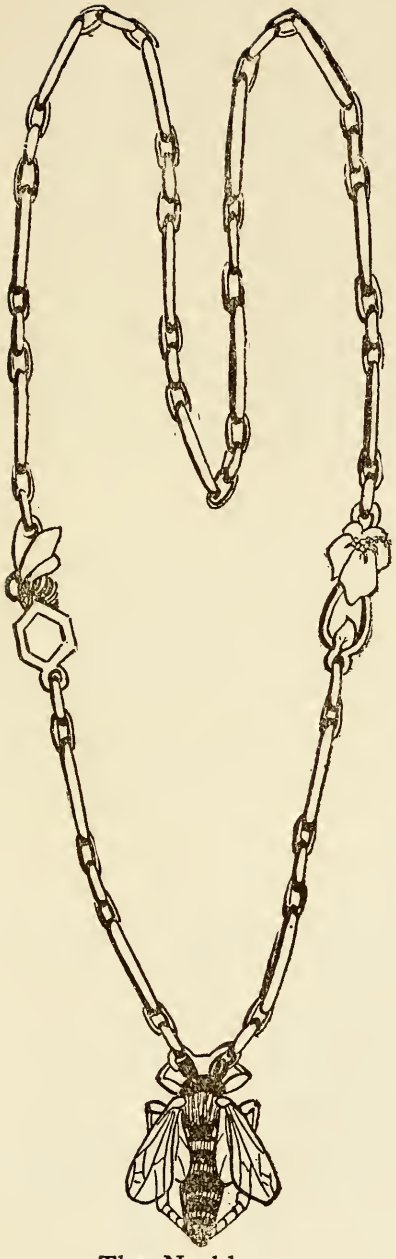
# Awards

## SEALS.

As soon as a girl fills a cell the Bee-Keeper awards her a seal, indicating the field in which she earned it. The colors of the various fields are: purple, for Religion; orange, for Home; red, for Health; brown, for Domestic Arts; green, for Out of Doors; gold, for Business; red, white and blue, for Public Service; and light blue for the Foundation Cells. A special seal marked C is provided for the continuous cells.

The C or C D cells may be refilled twice, making, with the new one, three times that that particular cell may be filled; the purpose is to form the habit, yet not to limit experience by allowing an indefinite continuance of any one thing to the exclusion of others. War Emergency cells may be refilled indefinitely.

Immediately upon receiving the seal, the girl should open her handbook, of which every girl must have a copy, turn to the record page of the field in which she earned it, and fasten the seal on that page. She should then write opposite the seal the number of the cell which she filled. This pictorial record which should always correspond with the Bee-Keeper's record, is especially fitting showing at a glance the number of cells filled and sealed over, as the bees seal them for future use. The handbook should be preserved in good condition and become one of the most valued books in the girl's library.



The Necklace.

These seals, taken in connection with the emblem described in Chapter II, make a system of awards, complete in itself. However, something else is designed which each girl is permitted to buy and wear, as she attains the different ranks, providing she, herself, earns the money to buy it. It can be purchased only through the General Board, and on the written certification of the Bee-Keeper, who must certify that the girl has won the rank and has earned the money for the purchase.

## THE CHAIN.

In selecting this larger award, the effort was made to provide something of permanent value to the girl; to have it the best thing of its kind, and yet something that is not too expensive. The decision finally rested upon a sterling silver chain, the links of which represent the awards,—one small link for each new structural cell and one large link for three continuous cells. This makes eighteen small links and six large links for each rank. Upon attaining the first rank the girl is entitled to wear the first section of the chain, including a motif representing a bee at work on a cell—a Builder in the Hive; this section may be worn as a bracelet: the next rank, another section, with the violet as a motif; the two sections may be joined and worn as a collar: the third rank, an-

other section with a queen bee as a pendant, the whole to be worn as a necklace.

Not until the necklace is completed does the award become perfectly satisfactory; but if, in wearing it, the girl remembers that it stands for womanhood; that each link represents the accomplishment of some one thing of value, it becomes more satisfying; and when the chain is completed, representing as it does, the sum of many delightful experiences builded into character, it becomes invaluable.

PURCHASING THE CHAIN. Owing to the advance in price of silver and labor, the General Board has not re-stocked on the chains. However, they still have several hundred sections of the chain for the ranks of Gatherer of Honey and Keeper of the Bees which those who own the first section may purchase (while they last) at the former price of 75c each.

## THE WORKER'S PIN.

The new award planned for the girl who has attained the three ranks and then specialized will be of gold. It will not be placed in stock at present on account of the high cost of labor and metal, but girls may continue to work for it, and receive their seals as evidence that they are entitled to purchase it when it is ready. It must be purchased with money which the girl herself earns; so she may save and invest her earnings in thrift stamps, until the time when the pin is on sale.

## WAR EMERGENCY PIN.

The beautiful little pin for Bee-Hive War Emergency workers may be had at the General Board office for 25c.

GENERAL BOARD AWARDS. In addition to the regular awards the General Board will give seals for photographs, songs, plays, stories, etc., that may be of value to them in the general work. In taking photographs, those showing the girls actually at work or in action are the most desirable. The seals have no value in winning rank but are an honor to the girl earning them. They should be used to decorate the Individual record page.

# The Call of Womanhood.

Music by TRACY Y. CANNON.

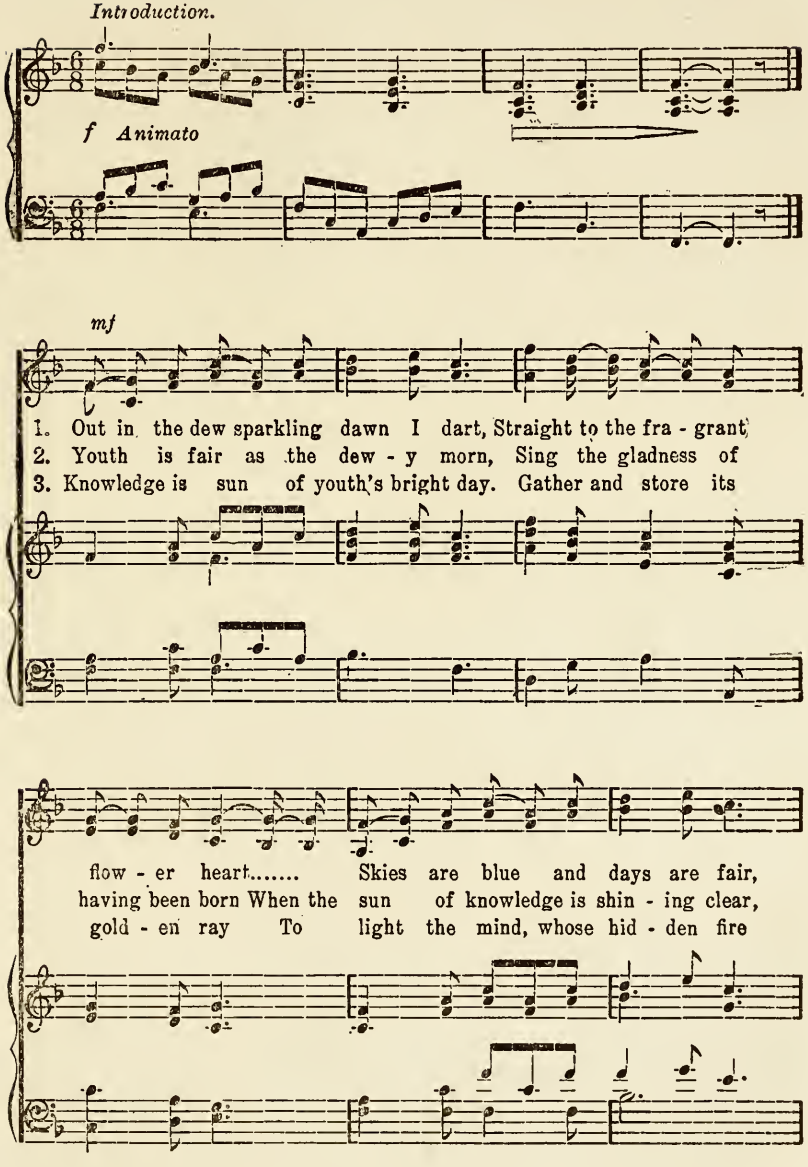


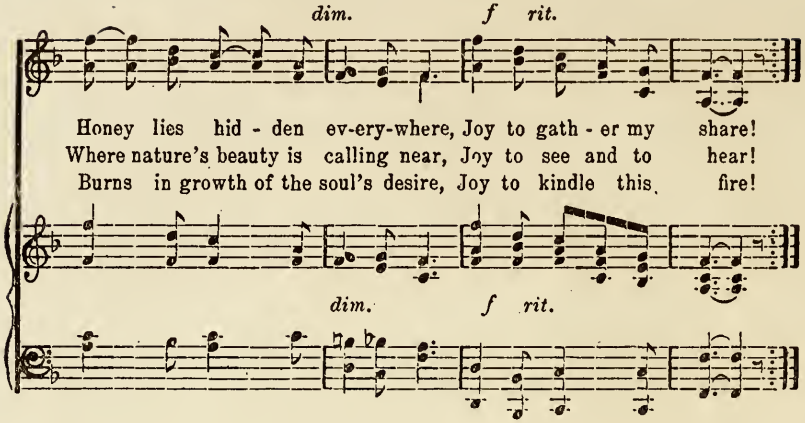

* NOTE—Here, and at the corresponding place in the second verse, a swell on the note D, is effective, taking only a quick breath before the next word.


rene.
Du - ty in Mother-
Beauty
a tempo.
Ped. Ped. Ped. Ped.
cres. ten.
hood!
Beauty in Moth-er - hood!
Duty
cres.
Ped. Ped. Ped. Ped.
Glor - y in Motherhood, Wom - an as
f
dim.
rit.
Ped. Ped. Ped. Ped. Ped. Ped. Ped.
queen.
dim. e rall.
pp
Ped. Ped. Ped. Ped. Ped. Ped.

# The Honey Gatherer's Song.

Music by Tracy Y. Cannon.






NOTE:—Omit interlude between verses one and two; use the Introduction as an interlude between verses two and three.

## IV.

## Names and Symbols

The value of a symbol has been impressed anew upon our minds by the recent war. "Uncle Sam," the symbol of the United States government, has been ever present in poster and literature to awaken individuals to their part in the struggle. His kind, yet keen and intelligent face has looked out from almost every window and bill-board. Now it is pleading and tender, anon stern and commanding; always it has stirred the emotion he desired. How much of the wonderful work accomplished in the short time he was really in the fray, was due to these wonderful posters, will perhaps never be known. But each one of us has no doubt been made to stop and think by meeting that stern gaze, seeing that index finger and almost hearing the words—"What are you doing to help?"

Columbia too has played her part. Her feet planted firmly on the earth, her sword drawn, her attitude fearless, she has given renewed courage to many a heart faint with anxiety for absent soldier, sailor or nurse. Again, face tragic with grief, yet resolute; eyes, full of faith, looking toward the future where peace is about to be enthroned, she places the laurel wreath above the Honor Roll! How many a tear has been dried and many a sigh stilled by that vision of what boys, —aye, and girls, too,—died to give to humanity!

The Red Cross Mother, the "Greatest Mother in the

World" has moved multitudes, as with one impulse, forgetful of pettiness and vanity, to give themselves as well as their gifts to the well-being of the race.

With this renewed vision of what a name and a symbol may mean, let each Bee-Hive girl select her own. Let it contain an element of growth, not something cold and uninspiring; let it be a spur to move her toward what she wishes to be.

It might be an Indian name for the desert, with its suggestion of looking for or bringing beauty out of desolation. The symbol could be something that grows on the desert or a bird that sings there.

It might be the name of a river, a mountain, a lake, a wood, a tree, that has meant something to the girl; a house wren or woodpecker that has built in the eaves of her home; some particular bird that sings longest in storms; a squirrel with the thought of providing for a rainy day; a chipmunk with the thought of acquiring quickness of motion; a robin with its message "Cheer-up;" some gift which the Indians, or natives of some islands the girl is familiar with, bring when they are friendly, to symbolize hospitality or generosity.

Then there are the word combinations to represent qualities the girl is seeking like "Lohar"—love and harmony. Flowers with their usual meanings, or something they can be made to represent, such as shown on pages 6 and 7, are interesting.

Once the symbol is chosen let the girl study the plant or whatever she has selected; watch it grow or learn all there is to know about it; let thoughts of it fill her spare moments, and illumine her mind; be constantly on the lookout for it, adding to her knowledge concerning its history and characteristics.

With her mind thus occupied less worthy things will be crowded out and the girl will find ways of using the symbol. It may be used by means of embroidery or crochet to decorate her personal belongings like underwear and handkerchiefs; by wood-block or stencil, either with or without embroidery, for veils, collars, gowns; by stencil for walls; by any of above methods for cushions and curtains; by painting for china.

Art Teachers in public as well as private schools will generally be glad to extend to the public a greater knowledge of their work by assisting in the selection of symbols. Let girls accept of all the help available and get their names and symbols selected as soon as possible.

## V.

## Meetings and Programs

The General Board of the Young Ladies' Mutual Improvement Association, under whose direction the Bee-Hive Girls' Organization was fostered and developed, has decided to give the Bee-Hive work a bigger place in their associations. They think it especially suited to Junior girls (from fourteen to sixteen years of age, inclusive), and consequently are planning to have it used as their regular winter's course.

### PLAN FOR JUNIORS.

GROUPING. The plan is to divide the Juniors into two groups—those who have had the work and those who have not.

Ultimately it is desired to have three groups,—those who are working to become Builders in the Hive, Gatherers of Honey and Keepers of the Bees, respectively. In some large associations it may be possible to do so now; the ward officers must decide this question.

THE SIZE OF THE SWARMS will depend upon the number of girls, number available for Bee-Keepers, etc., but it is generally preferable for a swarm to consist of not fewer than eight nor more than fifteen.

SWARM MEETINGS should be held on the regular M. I. A. night, assembling with the other classes for opening exercises and preliminary program, then, like the others, adjourning to their respective rooms.

THE PLAN FOR THE WINTER. The plan provides for three lessons a month, two outlined by the General Board and one by the local Bee-Keepers with the girls themslves. This leaves one other night for the swarms to join in the regular M. I. A. activities.

THE PLAN FOR THE SUMMER is left to be matured by Stake and Ward officers and Bee-Keepers. The special needs of a particular locality or swarm can thus be given attention.

THE PROGRAMS suggested by the General Board will be printed monthly in the "Young Woman's Journal." It is expected that they will be used unless the Bee-Keepers can provide something better suited to the needs of their girls, in which event, and on the approval of ward and stake M. I. A.

officers, the suggestive programs may be stood aside. The complete programs with fuller suggestions and notes will also be printed in the little book of "Instructions to Bee-Keepers," which may be secured at the General Board Office, 33 Bishop's Building, Salt Lake City, Utah.

Stories to enrich the programs, also material to assist in the filling of cells, etc., will also be printed in the "Journal." Every Bee-Hive girl will do well to look the "Journal" over each month for things that will help her.

## PLAN FOR SENIORS.

Older girls who are interested in the Bee-Hive may continue their work during the summer as they have done in the past, and individually throughout the year. For one beauty of the Bee-Hive idea is that, where permitted to do so, the Spirit of the Hive continues to act in the life of the individual, enriching everything that comes within her experience. The suggestive programs will perhaps be of profit to the swarms of older girls and women who may meet after the regular adjournment of the M. I. A. in March.

## THE PLACE OF RECREATION.

Recreation should have an important place in the entire plan. All people, both old and young, need to be re-created and refreshed. Sometimes it can be done by a change of work; sometimes by pleasant thoughts which lighten labor and enable one to do a given task well without putting all of her energies into it. But some wholesome amusement is of great importance and Bee-Keepers are wise to plan such throughout the year to keep alive the interest of their girls. The girl who works in an office needs out of door recreation—tennis, golf, different kinds of ball, walking, swimming, skating, horseback riding, bicycling; the girl who works in a garden or picks fruit, as well as the one actively engaged in housework, needs some of these also, more especially, captain or volley ball or something to straighten the spine and expand the lungs, though she needs, along with it, other things of a quiet type that will not keep her always on her feet. All need rest. Little home socials or afternoons where the girls bring sewing, if not too elaborately planned, are good; and simple games that provoke laughter (though not boisterousness) are wholesome.

When hikes are planned, let the arrangements be simple,

not taking one entire day to get ready, another for the hike and a third to recover from it. Let the distance be increased gradually and the greatest benefit will thus accrue.

## THE DAY OF THE SWARM.

As in the past the annual festival or "Day of the Swarm" will continue to be held in September. It is fitting that it should occur on or near the 12th day of that month, a day chosen many years ago as the "Annual Day" of the Y. L. M. I. A. in honor of the first General President of that organization—Mrs. Elmina S. Taylor. While for several years past changes in the working season of the organization have prevented the emphasizing of "Annual Day," it is a time dear to the hearts of those who labored under this great woman. Now that circumstances again point to a festival at the close of the summer, it is with pleasure that the General Board approves this date.

Maeterlinck speaks of the "Day of the Swarm" as the time

"when we find a whole people, who have attained the topmost pinnacle of prosperity and power, suddenly abandoning to the generation to come their wealth and their palaces, their homes and the fruits of their labor; themselves content to encounter the hardships and perils of a new and distant country."

In another place, speaking of the same time, he says:

"It is the ecstasy of the perhaps unconscious sacrifice the god [nature] has ordained; it is the festival of honey, the triumph of the race, the victory of the future; the one day of joy * * * the solitary day upon which all eat their fill, and revel to heart's content in the delights of the treasure themselves have amassed. * * * To-day, in their gladness, possessing nothing, but full of faith in the future, they will submit to everything and injure no one, provided only they be not separated from the queen who bears the future within her."

In planning this day, keep in mind the spirit of which Maeterlinck speaks. It is to be a day of rejoicing and gladness, and a time when rank is conferred; but let it also be a time when Bee-Hive girls do something in the nature of public service, either to their own community, state, nation or for humanity itself. And whatever else they undertake they can perhaps do for war torn human beings, no greater service than to keep alight the flame of their own individual Faith and to place it where it "giveth light unto all who are in the house."

## VI.

## FINANCES.

The only membership fee required is the one paid regularly to the Young Ladies' Mutual Improvement Association (ten cents a year).

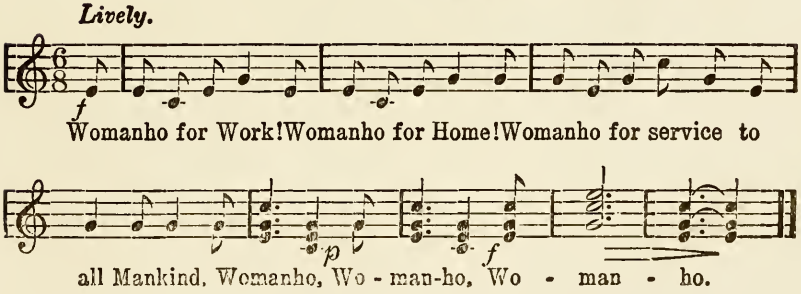
Generally the members individually buy their handbooks, and the swarms earn money to buy the seals, emblems and swarm records, each swarm being as a rule self-supporting. However the plan varies according to the ideas of the different stake boards. One thing to remember is that the bees gather their own honey from the flowers; they do not help themselves to that gathered and stored by other bees. Hives, through the quiet, undisturbing action of the Bee-Keeper, yield their honey for the use of man; so, at the request of their Mutual Improvement officers, swarms should be willing to give for some worthy cause.

As our Mutual Improvement girls are skilled in raising funds, this work will not be new to them.

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## The Womanho Call.

Music by TRACY Y. CANNON.



# Structural Cells

## FIELD OF RELIGION.

(Purple Seal.)

The god of the bees is the future. When we, in our study of human history, endeavor to gauge the moral force or greatness of a people or race, we have but one standard of measurement—the dignity and permanence of their ideal, and the abnegation wherewith they pursue it.—Life of the Bee, by Maurice Maeterlinck.

1. Be able to repeat the Ten Commandments, the Beatitudes, and the Articles of Faith.
2. Know and be able to show in what fundamental principles the faith of the Latter-day Saints differs from that of other Christian denominations.
3. Give brief account of the work of the Apostles Peter and Paul, making special note of their prophecies regarding the Apostasy.
4. Give brief account of the work of Martin Luther, John Knox, and John Calvin.
5. Give brief account of the Restoration of the Gospel through the Prophet Joseph Smith.
6. Name and give brief sketch of the lives of each of the Presidents of the Church of Jesus Christ of Latter-day Saints.
7. Name the present General Authorities of the Church of Jesus Christ of Latter-day Saints—First Presidency, Quorum of Twelve, Seven Presidents of Seventy, Presiding Bishopric, Patriarch.
8. Give brief account of the life and labors of Elmina S. Taylor and Martha H. Tingey, presidents of the Y. L. M. I. A.
9. Commit to memory Sec. 59, Doc. and Cov.; during three months give proper observance to the Sabbath day. c.
10. Give an account of the last supper, and the institution of the Sacrament by the Savior; of the first Sacramental meeting in the Church in this dispensation; tell what are the conditions of worthiness which entitle one to partake of the Sacrament and blessings attendant thereon; repeat the two Sacramental prayers.
11. Attend Sacrament meeting at least eight times in three months.
12. Belong to Sunday School for one year, and miss no more than six meetings. c.
13. Belong to the Y. L. M. I. A. for one year and miss no more than six meetings. c.
14. Prepare every lesson in the Y. L. M. I. A. Senior Course for one year. c.
15. Prepare every lesson in the Y. L. M. I. A. Junior Course for one year. c.
16. Read the "History of the Y. L. M. I. A."
17. Write an essay on the organization of the Y. L. M. I. A.
18. Observe the law of tithing for one year, paying it monthly or at the time your pay is received. c.

19. Teach a class of not less than ten for three months in connection with a ward organization. c.
20. For three months respond to all calls made upon you in the ward organizations to which you belong. c.
21. Write out prayers suitable for three different occasions; for instance, opening or closing a meeting, family prayer, for a group on a camping trip, a blessing on the food; during three months offer prayer whenever called upon.
22. Each day for one month, commit to memory a quotation from either Bible, Book of Mormon, or Doctrine and Covenants, c. d.
23. Memorize five hymns from L. D. S. Hymn Book. c. d.
24. Read ten books of the Old Testament. c. d.
25. Read the New Testament.
26. Read the Book of Mormon (two awards).
27. Read the Doctrine and Covenants.
28. Read the Pearl of Great Price.
29. Have a talk with some pioneer of 1847, of a hand-cart company, of the Mormon Battalion, or of your town or state; write down facts obtained and read at Bee-Hive meeting, or use in some other way. c. d.
30. Attend practice and sing weekly at religious services, in choir, chorus, quartette, or other musical organization, for not less than three months. c.
31. Play the piano or organ for at least one Sabbath service each week for three months. c.
32. Every day during one month repeat mentally the first and second great commandments (Mark 12:30, 31).
33. Memorize verses 5-21 of Sec. 89, Doctrine and Covenants; explain meaning; observe the Word of Wisdom for two months. c. for additional six months.
34. Give brief account of the life and labors of four L. D. S. women who have done much good in Church service. (See "Y. L. M. I. A. History.") c. d.
35. Twenty times be baptized for the dead. c.
36. Go through the temple for the dead at least three times. c.
37. Do ten hours' work on a temple record. c.
38. Repeat from memory, and in their order, the books of the Bible.
39. Repeat from memory and in their order the books of the Book of Mormon.
40. Read Dr. James E. Talmage's "Jesus the Christ" (2 awards).
41. Attend and assist the L. D. S. missionaries at street meetings once a week for two months. c.
42. Under proper authority, and supervision do active L. D. S. missionary work for an average of four hours a week for two months. c.
43. Give five good reasons why you are a member of the Church of Jesus Christ of Latter-day Saints. c. d.
44. For two weeks avoid all disagreeable show of temper, c. for one additional month.
45. Attain to the realization of some worthy ambition or ideal approved by your Bee-Keeper; it may be in any line of study or character building. c. d.
46. In any one year overcome some undesirable habit. c. d.
47. Outline a good program for a ward entertainment giving study, research, and thought to its preparation. Place it in the hands of your Y. L. M. I. A. president or of the social committee. c. d.
48. Outline three co-related preliminary programs for M. I. A.

meetings, giving study, research and thought to their preparation. Place them in the hands of one of your presidency. c. d.

49. Think out and write a suitable prayer to be offered in behalf of missionary, soldier or sailor father, brother, husband, or friend.
50. For two months, write cheerful, encouraging and faith-promoting letters to a missionary, soldier or sailor father, brother, husband or friend.
51. Read the "Voice of Warning."
52. Discuss with mother or other older person of high standards the characteristics of an ideal woman. Daily for one month recall some of those characteristics and endeavor to emulate them.
53. Know and (when opportune) sing during two months at your daily tasks hymns dear to the Latter-day Saints.
54. Know the incident out of which "Come, Come Ye Saints," was written, and its effect. Know any religious songs or hymns that had a particular influence in the life of your father or mother. Get the habit of singing them while at your daily work.
55. From your personal life relate either verbally or in written form some incident that has increased your faith.
56. In the history of your community or family find out and relate or write some incident wherein the principle of faith had much to do with their temporal advancement.
57. Write an account of what you consider the outstanding incident in the history of your community that demonstrates the faith of the people in God.
58. During two weeks render every service possible to father and mother. c.
59. During two weeks render every service possible to brothers and sisters. c.
60. Decide in your own mind the service vital to your personal well-being; during one month endeavor to perform it. c.
61. During one month render every service possible to God. c.
62. During one month speak the absolute truth by inference, as well as by direct word. When tempted to do otherwise change the subject or remain silent. c.
63. Watch yourself for two weeks and during that time, in at least six ways, honor your mother or the one who represents her. c.
64. During two weeks watch for opportunities and in six ways pay honor to an older woman. c.
65. Watch yourself for two weeks and endeavor in six ways to honor your own womanhood. c.
66. Name the ordinary social deferences due an elderly woman. During one month find opportunity and consider the feelings of older women. c.
67. Every day for one month do a good turn. c.

## FIELD OF HOME

### (Orange Colored Seal.)

The queen * * * we shall most fitly describe by declaring her to be the captive heart of the city, and the centre around which its intelligence revolves.—Life of the Bee.

## Cooking.

101. Make two kinds of bread and two of cake, cakes being one of fat and one of the sponge variety. c. d.
102. Cook meat in four ways. c. d.
*103. Cook left-over meat in four different ways. c. d.
104. Cook each of three common vegetables in three ways. c. d.
105. Prepare two kinds of soup with meat and two with milk. c. d.
106. Prepare four salads, making at least two different dressings. c. d.
107. Cook eggs in five ways. c. d.
108. Make bread and combine into five kinds of sandwiches. c. d.
109. Make four desserts—jellied, boiled, baked, frozen. c. d.
110. Prepare a gruel, a cereal, an egg, and milk or water toast as for an invalid (this may be done at different times); arrange tray attractively.
111. Gather two quarts of wild berries or fruits and make into jam or dessert. c. d.
112. Cook one cup of currants, service berries, cranberries, or similar fruit, adding sugar at beginning of process; cook same quantity of same fruit, adding sugar after fruit is cooked; compare results. Can or preserve two different kinds of fruit (at least 2 quarts of each) palatability of which depends upon the sugar's being added after the fruit has been cooked; do the same for two kinds of fruit palatability of which depends upon being cooked in syrup. c. d.
*113. Can three kinds of vegetables, at least two quarts of each. c. d.
114. Use fireless cooker successfully on meats, vegetables, cereals. c. d.
115. Use chafing dish successfully, preparing four appetizing dishes. c. d.
116. Write an appetizing, balanced vegetarian diet for one week c. d.
117. Write menus for one month for well-balanced breakfasts suitable for a school girl; conform to them for that time.
118. Write menus for one month for well-balanched lunches suitable for a school girl or working girl; conform to them for that time.
119. Give examples of five expensive and five inexpensive nourishing foods, suitable for a person who does office work; for one who does manual labor; give also five kinds of vegetables of especial value to people generally.
120. Give examples of five foods with a laxative value, and five of the opposite kind.
121. Superintend cooking for two months in home, providing balanced menu, planning it for at least one week at a time. c. d.
122. Do cooking for one month in a home, providing well-balanced meals. c.
123. Assist in housework and cooking in some other home than your own for two months. c.
124. Three times make delicacies for the sick and send where needed under direction of the Relief Society. c.
125. Take care of milk and make two pounds of butter a week for two months. c.
126. Pluck, dress and cook a fowl. c.

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*War Emergency cells.

### War Emergency Cells.

130. Can ten quarts of fruit in quart bottles or 16 quarts in two quart bottles (finished product). Awards may be made two weeks after bottling, if fruit shows no sign of fermentation. c.
131. Can ten pints of vegetables in pint bottles or sixteen quarts in quart bottles (finished product). Award may be made two weeks after bottling if the product shows no air bubbles. c.
132. Dry ten pounds (finished product) of fruit. c.
133. Dry five pounds (finished product) of small vegetables, peas, corn, etc., or ten pounds of large, carrots, etc. c.
134. Make five quarts or fifteen glasses of jam, jelly or marmalade. c.
135. Make five quarts of pickles or relishes. c.
136. Dry and store five kinds of herbs or leaves for seasoning, mild drinks or medicinal purposes. c. d.
137. Study their food values and use three common weeds as greens (young dandelions, milkweed, sour dock, pig weed, etc.).
138. Four times make soup from "left-overs."
139. Four times make salad from "left-overs."

### Marketing.

151. Describe characteristics and identify six cuts of meat; state market price of each.
152. Supply the table for one week (with all foods except flour and potatoes) at a cost of $1.00 per person, keeping accounts and records of menus.
153. Same as above, for $2.00 per person.
154. Know the best season for fruits and vegetables to be found in your locality, and a reasonable price for each.
155. Know the dangerous and common adulterations, also prices, of flour, sugar, rice, cereals, crackers and bread.
156. Be familiar with the Pure Food laws of your State, and know how to secure full weight.
157. Make a trip to the market and learn to identify one first-class variety each of beets, carrots, string beans, peas, onions, turnips and corn.

### Laundering.

161. Do a washing for a family of six, using modern labor-saving devices, if possible; or twice assist, doing one-half of the work. c.
162. Iron six hours in one month. c.
163. Wash and iron a shirt-waist, a skirt and a lingerie dress. c.
164. Clean and press a suit, or a skirt and coat. c.
165. Remove four common stains from wash material and two from non-washable material.
166. Use two methods each for softening water, bluing, bleaching; two kinds of soap and two of starch for different uses.

### Housekeeping.

171. Do three hours of housework daily for one month. c.
172. Take complete charge of household for one week while mother has a vacation. c.
173. During two weeks keep the house free from flies, or destroy at

least twenty five flies daily, or use fly traps and reduce flies to a minimum. c.

174. Houseclean one room, caring well for floors, walls, carpet, rugs and furniture. c.

175. Sweep and dust a house of five rooms, using two kinds of sweeping or dusting compounds or vacuum cleaner, and dust-absorbing or moist cloths. c.

176. Properly dispose of waste and garbage from the home; know its proper disposal by the city or if you live outside of city see that it is fed to animals, buried or burned as the case requires. (See Farmers' Bulletin No. 43.)

177. Know the proper airing and changing of bed; make up a bed for a baby, and one with a draw sheet for a very sick patient.

178. Air properly and make one bed daily for two months, or two beds daily for one month. c.

179. Wash and dry dishes and leave dining room in order after one meal a day for two months. c.

180. Take entire care of one room for one month, including all neccessary cleaning, sweeping, dusting, washing of windows, etc.; also care of flowers and plants if there be any. c.

181. Air and store away clothing, furs, rugs, bedding for the summer.

182. Thoroughly clean the dining room, giving especial care to cupboards or buffet, silverware, china and glass. c.

183. Thoroughly clean the kitchen, giving proper care to pots, pans, aluminum and copper ware, lamps, sink and stove, including nickel trimmings on latter. c.

184. Take entire care of pantry for one month. c.

185. During two months scrub a floor once each week. c.

186. During two summer months clean ice chest thoroughly twice a week. c.

187. During two months take care of milk and cream from at least one cow; see that the pails, pans, strainer, separator, are thoroughly cleansed. c.

188. During one month care for at least two kerosene lamps daily. c.

189. Successfully put a new washer on a faucet. c.

190. Build a furnace fire and care for it for one week. c.

191. During three months keep clothing in proper places, bureau drawers in order, and comb and brush clean. c.

192. Have your toilet moved to an isolated place in garden; have a frame of chicken wire, wood, or willlows built near by; plant quick growing vines to screen it.

193. Have your toilet whitewashed, cleansed or painted; make it sanitary in accordance with instructions in Farmers' Bulletin, No. 463, Public Health Bulletin, No. 37, or Bulletins on the sanitary privy issued free by the Utah and other State Boards of Health.

194. Mend an electric iron successfully. c. d.

195. Successfully put on a new electric light switch. c. d.

196. Every day except the weekly cleaning day, for two months, do what is necessary to keep one room in good order. c.

197. Write down necessary conditions around which schedule of housework must center, i. e., hours for meals, etc. Write the order of regular daily tasks in the way you think best; try two methods; see which takes the most time. Let each include a rest period. Continue trying out plan for two weeks, improving it if possible. c.

198. Write down necessary conditions around which a weekly schedule of housework must center, i. e., days for washing, baking, cleaning, etc. Plan other work to fit in; count on an afternoon's recreation for mother. Try out plan for four weeks improving it if possible. c.
199. Look at your home from the outside. Observe what would add to the harmony of its surroundings. During two months endeavor to let the outside expression of your home be harmonious. c.
200. During two months keep the windows of your home clean; for a house of five rooms, one seal; larger, in proportion. c.

### Efficiency.

208. Improve in skill until you can perform any given task twice as well as you now do it, without materially increasing time. c. d.
209. Improve in efficiency until you can perform well any given task in one-half the time you now take for it. c. d.

### Family Rights.

215. During three months honor the rights of other members of the family, by not using their personal belongings without their permission. c.
216. Name and observe three ways in which you can give consideration and proper respect to your mother as center of the home.
217. Name and observe three ways in which you can give consideration and proper respect to your father as head of the family.

### Invention.

221. Invent a useful household device. c. d.
222. Contrive something to lessen a portion of the house work in your own home. c. d.
223. Belong to a Girls' Home Handicraft Club organized under the Agricultural College of your state, or the Department of Agriculture at Washington, D. C.; complete the work outlined, having a score of at least 80 per cent (6 seals).

### Motherhood.

*226. Belong to a Mother's Welfare Club of University of Utah (or any other state institution). 1 seal for each month that instructions are conformed to.

### Care of the Sick.

231. Arrange a sick room to be sanitary, pleasant and comfortable for patient, and covenient for doctor and nurse.
232. Learn to use a clinical thermometer to find temperature of an adult and an infant; tell what temperature indicates normal, high and dangerous fever conditions.
233. Learn common symptoms as well as home care and prevention of chicken-pox, measles, scarlet fever, diphtheria, whooping-cough and tuberculosis.

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*War Emergency cells.

234. Learn some simple home treatment for prevention and cure of colds, including use of hot and cold water, and without use of drugs; for bronchitis, for pneumonia.
235. Learn simple home treatment for spasms, convulsions, nose-bleed, cuts, bruises and sprains, inflammation, constipation.
236. Learn to recognize cancer in its early stages. (Communicate with the American Society for Control of Cancer, No. 289 Fourth Ave., New York City.)
*237. Complete successfully a course in Home Nursing given by any federal, state or private institution of recognized standards. (6 seals.)

### Care of the Baby.

(See "Care of Children Series," Children's Bureau, U. S. Department of Labor, Washington, D. C.)
*241. Learn the chief causes of infant mortality in summer; give methods for reducing the same.
*242. Know the proper preparation of milk for a baby six month sold; for a baby one year old; know how it can be tested.
*243. Know how much a baby should increase in weight each week for the first six months, in height for each month of the first year; the relation of weight to health.
244. Know and describe three cries of a baby.
*245. During one month care for a baby an average of one hour a day. c.
246. Make three playthings for a child. c. d.
247. Demonstrate with a baby where practicable, or a doll, proper clothing for a baby as shown in government pamphlet, "Infant Care."
248. Under proper supervision, seven times bathe and dress a child from one to six months of age. c.
249. See a demonstration at a civic centre, where practicable (or at any other place where it is done scientifically) of the bathing and clothing of a baby.

### Home Entertainment.

261. Memorize and sing five ballads or folk songs. c. d.
262. Play from memory five piano pieces of the difficulty of the "Bach Two Part Inventions," or "Chopin Waltz, Op. 69, No. 2." c. d.
263. In any one month practice fifty hours on a musical instrument. c.
264. Know and tell five standard stories. c.
265. Recite from memory 500 lines of standard poetry. c. d.
266. Recite from memory an equivalent amount of standard prose. c. d.
267. Know and tell three stories from your own experience or that of some person you are well acquainted with; they may be told at Bee-Hive meetings, Mutual or in the home story hour. c. d.
268. Select from your own experience or from the stories told by your parents, grandparents or other relatives or friends a story you like; write it as truthfully and interestingly as you can; brighten it and make it readable and realistic by using touches of conversation and other life-giving expressions. c. d.

*War Emergency cells.

269. Have your story accepted for publication. c. d.
270. Three hours a week for one month contribute to the pleasure of your family or friends by reading aloud worth-while poetry or prose. c. d.
271. Write a play and have it presented; let it reflect in a realistic manner the story of the life you know best. c. d.
272. Write a biographical sketch of an interesting character, one you have been closely associated with. Begin by making an outline of the chief events in the life; weave into it choice characteristic incidents; use excerpts from old letters, diaries or other records. It may be illustrated with kodak pictures, drawings or sketches. c. d.
273. Make some use of such a biographical sketch or have it accepted for publication. c. d.
274. Have a party of from eight to twelve persons, with refreshments that cost no more than two dollars; keep accounts. c. d.
275. During two months entertain two or more little children for two hours a week. c.
276. Plan and give some social entertainment of a cultural value. c. d.
277. Read three books of the M. I. A. Reading Course, one at least being not fiction. c. d.
278. Read three standard books, one at least being not fiction. c. d.
279. For one month consult the dictionary for the meaning of any new word you hear or see. It should average at least one a day. c.
280. Arouse in the family the desire to own and use a standard dictionary; find out the price, be willing to give your share and with father's approval and help, purchase it.
281. Know and sing ballads dear to or sung by your father and mother.
282. Know and sing the nursery rhymes or folk songs sung by your father or mother.

## FIELD OF HEALTH.

### (Red Seal.)

They carefully sweep the floor, and remove, one by one, twigs, grains of sand, and dead leaves; for the bees are almost fanatically cleanly.—Life of the Bee.

### First Aid.

301. Know what to do for a person whose clothing is on fire; who is in deep water and can not swim, either in summer or through ice in winter; for an open cut; a frosted foot; fainting.
302. Know what to do to resuscitate a drowning person; to revive one from suffocation; for sun-stroke; for a punctured wound, like stepping on a nail; for poisoning by poison ivy, from snake-bite, from carbolic acid, from lye.
303. Know what to do for internal or external hemorrhage; fractures; dislocations and sprains; burns and scalds; foreign bodies in eye, ear, or nose.
304. Demonstrate the principles of elementary bandaging, and how to use surgeon's plaster.

VIII

### Personal Hygiene.

306. Name seven things you should and will endeavor to do to maintain good health. Do them for one month. c.
307. Name six attributes, two physical, two mental, two spiritual, you intend to cultivate and will endeavor to pass on to the next generation.
308. Study the human hand, the different types and what they indicate. See wherein its beauty and utility lie. Learn the best ways to care for the hands and during one month (without shirking your work) take as good care of yours as possible.
309. Study the human foot. See wherein its beauty and utility lie. Study how to preserve it. During one month endeavor to the best of your ability to take care of your feet.
310. Be entirely free from a cold for two consecutive months. c.
311. During three consecutive months do not miss school on account of ill-health. c.
312. Every time you can remember it, during one month, assume and maintain correct posture of body as tested by the vertical line test. Learn knee-chest position; during three months put into practice some simple home treatment for prevention of pain during menstrual period. (See Young Woman's Journal, Vol. 23, pages 62-4. Read entire article.) c.
313. After some exercise that creates the need for deep breathing (like gymnastics, brisk walking, running, etc.) take deep breathing exercises for 10 minutes of each day for one month; this may be done preferably in more than one period. c.
314. Brush your teeth morning and night every day for one month. c.
315. Time yourself on making your morning toilet,—bath, hair well dressed, teeth brushed, finger-nails cleansed, person well clothed; improve in time until task is accomplished in 30 minutes. c. for one month.
316. Every day for one month perform your individual exercise prescribed by a capable instructor in physical education.
317. Every day for one month wash your hands before each meal. c.
318. Every day for one month drink a glass of water before each meal and before going to bed. c.
319. Each day for one month attend regularly to nature's calls in relation to the body. c.
320. Name four things in the lives of your ancestors that have been instrumental in giving you good health.

### Diet.

321. During three consecutive months abstain, between meals, from candy, sundaes, sodas, commercially manufactured beverages, and chewing gum. c.
322. For one month masticate your food so thoroughly that it slips down without any visible effort at swallowing. c.

### Sleep.

326. For any two months of the summer, sleep out of doors; the remainder of the year (October to April, inclusive) for any two months sleep out of doors or with wide open windows. c.
327. If a Senior girl, go to bed by 10 p. m. and arise not later than 7 a. m.; if a Junior girl, by 9:30 p. m. and arise not later than

7 a. m., for at least four nights of each week, during two consecutive months. c.

### Games.

331. Play any of the following (either out of doors or with open windows) for not less than fifteen hours in any one month: Circle Race, Circle Relay, Corner Spry, Curtain Ball, Round Ball, Square Ball, Circle Zigzag, Hide and Seek, Pussy Wants a Corner, Three Deep, Blind Man's Buff, Drop the Handkerchief, Red Rover, Fox and Hounds, Run Sheep Run, Quoits, Duck on the Rock, Tennis, Golf, Volley Ball, Base Ball, Emperor or Captain Ball. c.
332. Play singing and dancing games (out doors if circumstances permit) for not less than fifteen hours in any one month. c.

### Swimming.

336. Learn to float in Great Salt Lake; learn to get on your feet unassisted; propel yourself 50 feet.
337. In fresh water learn to swim one standard stroke in good form; make a distance of 25 feet.
338. For a girl 18 years old or over; swim 50 yards in fresh water.
339. Bring up a cup from the bottom in eight feet of water.
340. Do any two standard dives in good form: Front, Side, Back, Twist, Jack, either runnning or standing or from spring board. c. d.
341. Swim any four standard styles: breast, side, over-hand, single over-hand, crawl, back, etc. c. d.

### Boating.

351. Row or paddle twenty-five miles in any six days, not necessarily consecutive. c.

### Ice Skating.

355. Skate twenty-five miles in any six days, not necessarily consecutive. c.

### Coasting and Snowshoeing.

358. Coast, ski, or toboggan for not less than fifteen hours in any one month. c.
359. Cover twenty-five miles on snowshoes on any six days, not necessarily consecutive. c.

### Horsemanship.

361. Saddle, bridle, mount and ride a horse in good form, using at least three gaits.
362. Ride fifty miles in six days, not necessarily consecutive. c.
363. Take care of a horse for one month. c.

### Mountain Climbing or Walking.

371. Climb a mountain, attaining a point at least 1,000 feet above starting point, and return.

372. More experienced climbers, climb a mountain attaining a point at least 2,000 feet above starting point and return.
373. Take a walk through the mountains, on a canyon road or preferably a mountain trail; gradually increase the distance until in four or five days you have walked a total of eighteen miles. c.
374. Walk an aggregate of forty miles in any ten days, not necessarily consecutive. (This may include walking to or from school or work.) c.
375. Every day for a month take a walk out of doors; average at least two miles per day. c.

### Exercise.

381. Ride a bicycle forty miles in any five days, not necessarily consecutive. c.
382. During three months take seven hours of out-door exercise a week. c.
383. For a girl 18 years old, or over, without help or advice, operate and care for an automobile for five hundred miles during one season. c.
384. Without help or advice care for and harness a team at least five times; drive fifty miles during one season.
385. Do any two of the following: (a) Walk 5 miles at one time, with but one or two short rests; (b) Swim five consecutive strokes and float face downward in water (dead man's stroke); (c) Throw basket ball 40 feet.
386. Know the regulations of your city and county and signals to be observed in driving an automobile.

### Dancing.

391. Know and dance in good form any six national folk dances. c. d.
392. Know and dance in good form, any six of the following dances: Virginia Reel; Pop Goes the Weasel; Varsouvienne; Hewett's Fancy; Plain, National, Triangular, or Rage Quadrille; Lancers.

## DOMESTIC ARTS.

### (Brown Seal.)

Whatever the human truth on this point may be, life in the hive is not looked on as a series of more or less pleasant hours, whereof it is wise that those moments only should be soured and embittered that are essential for maintaining existence.—Life of the Bee.

401. Model from clay an individual bowl, plate or cup and saucer, bearing an original design. c. d.
402. Make some article from brass or copper bearing an original design. c. d.
403. Make three pieces of jewelry from silver or copper, with original designs. c. d.
404. Design and make a raffia basket or one equally difficult. c. d.
405. Make a piece of furniture. c. d.
406. Make needed repairs around your home, doing any painting or staining necessary to make a good job. c.
407. Dress dolls, or make picture books or toys; send through the Relief Society where needed. c.
408. Make a doll house of four rooms with furnishings. c.

409. Take, develop, and print twelve photographs successfully. c. d.
410. Paint on china, stencil or wood block, three serviceable articles with original designs. c. d.
411. Make three articles in cut leather, at least one to be lined with silk. c.
412. Bind a book, sewing the back, lining the cover and decorating with original designs. c. d.
413. Make a water-color, charcoal, pen and ink, or oil sketch from nature. c. d.
414. Knit, crochet, or tat three articles. c.
415. Mend six pairs of stockings, two knitted undergarments, and hem six dish-towels. c.
416. Make two articles of underwear by hand or on a machine, or using both. c.
417. Make two shirt waists or make and embroider one. c.
418. Make a dress. c.
419. Trim two hats. c.
420. Make a hat. c.
421. Hem by hand six napkins. c.
422. Do embroidery equivalent to a dresser-scarf, using original design. c.
423. Do double above amount of embroidery if design is not original. c.
424. Use all attachments for a sewing machine, keep machine clean and in order for three months. c.
425. Make a home-made rug. c.
426. Know prices, widths and uses of six common cotton, four common linen, four common woolen and four common silk materials.
427. Know how textiles are commonly adulterated; give the simple microscopical and chemical tests for wool, cotton, silk and linen. (See Utah Agricultural College Bulletin, Vol. 14, No. 2.)
428. Identify twelve kinds of lace and tell reasonable price and appropriate use of each.
429. Dye three small articles or one large one. c. d.
430. Make any article as difficult to make as those listed in this field. c. d.
431. Make over any article of clothing. c. d.
432. Belong to a Girl's Sewing Club; complete the work outlined by the Agricultural College of your state or the Department of Agriculture at Washington, D. C., having a score of 80 per cent or over; this entitles you to four new and four continuous seals.
433. Crochet one yoke. Two seals allowed where girl uses her own symbol as a design. c.
434. Tat one yoke. c.
435. Crochet or tat trimming for a table scarf, cover, or large centerpiece. c.
436. Crochet or tat trimming for two medium size doilies or four small ones. c.
437. Make two articles of clothing for a child. c.
438. Make one fancy apron by hand. c.
439. Make two aprons on a machine or by hand. c.
440. Make one bungalow apron or house-dress. c.
441. Make one temple apron. c.
442. Make a bird house. c.
443. Beginners in woodwork make any article as difficult to make as a bread board; more advanced girls make any article as difficult as a bird house. c.

444. Girls inexperienced in sewing make five blocks equal in difficulty to a nine patch, for a patchwork quilt. c.
445. Study some good authorities on house furnishing: make a plan of what you consider truly beautiful for your room. Make at least a small start toward carrying it out.
446. Study some good authorities on dress and decide upon some things that make for real beauty, and that are especially suited to your type. Endeavor to carry out those ideals.

Note.—Any article on which an award is made must show skill and taste.

Wax beads.

## FIELD OF OUT-OF-DOORS.

(Green Seal.)

Events in which bees take part happen only when skies are pure, at the winsome hours of the year, when flowers keep holiday. * * * They teach us to tune our ear to the softest, most intimate whisper of these good, natural hours.—Life of the Bee.

501. Identify any fifteen trees and describe them in a way to assure recognition in summer. c. for 10 additional.
502. In winter. c. for 10 additional.
503. Rear from mountain groves three kinds of native evergreens. c. d.
504. Plant trees where they are needed and get at least five to grow. (Honor may be awarded three months after planted.) c. d.
505. Rear three trees that bear food which attracts birds in winter. (Native cedar, mountain sugar maple, box elder, choke cherry, mountain ash, hackberry, Siberian crab apple, thornless honey locust, black locust, silver maple, white ash, black birch.) c. d.
506. Rear three vines or shrubs whose berries attract winter birds. (Boston ivy, Virginia creeper, elderberry, twinberry, snowberry, buffaloberry, dogwood, sumach or squawberry, bush honeysuckle, wild rose, smooth sumach.) c. d.
507. Rear six native shrubs that attract birds in summer and fall. (Wild currants, gooseberries, raspberries, thimbleberry, huckleberry, Oregon grape, grape vine, service berry, etc.) c. d.
508. Rear successfully at least two buffaloberry bushes. (They make an excellent hedge and windbreak.)
509. Rear successfully one native dogwood (kinney-kanick) and one native honeysuckle. c. d.
510. Rear successfully two native clematis plants. c. d.
511. Rear successfully two native cacti. c. d.
512. Raise four kinds of native flowers from roots procured in early spring. c. d.
513. Raise two kinds of native flowers from seeds gathered in summer or fall; plant part of the seed in fall and part in the spring; report details of your success to the General Board. c. d.
514. Know and describe twenty wild flowers, including the state and what you think should be the national. c. for 15 additional.
515. Discover ten reasons why the columbine should be made the national flower.
516. Identify any three native ferns and describe them. c. d.
517. Know and describe any six native grasses. c. d.
518. Know and describe two native mosses, two sedges and two rushes or salt bushes. c. d.

519. Know and describe twenty local birds. c. for fifteen additional.
520. From personal observation and notes, tell the value of two kinds of birds to man. c. d.
521. From personal observation make notes of the raising of a family of birds. c. d.
522. Build and supply a lunch counter for birds; at close of season, report how many kinds of birds you have seen use it.
523. Describe the sea gulls and their habits; tell of their historical importance in Utah.
524. Observe the nest and the rearing and feeding of a brood of water ouzels in some canyon torrent; read Paul's "Out of Doors in the West," or some other nature book for the description of this bird.
525. Observe the nesting of a crow, a raven, a hawk, an owl, a magpie, or a shrike (butcher bird), and read the corresponding chapter in some encyclopedia or nature book. c. d.
526. Describe six butterflies; identify them. c. d.
527. Describe six moths; identify them. c. d.
528. Describe three pests that infest fruit trees and give methods for eradicating them. c. d.
529. Observe in field five kinds of beneficial insects and tell what good they do. c. d.
530. Describe and identify five insect pests of the garden; tell how to combat them. c. d.
531. Exterminate the mosquitoes over an area of one-half a mile square, by pouring a little kerosene on the surface of all standing pools of water, twice each month during April, May and June. Six girls may do this and each receive a seal, or one girl and receive six. c. d.
532. Raise successfully flowers or vegetables of at least one kind. c. d.
533. Keep written record of method of procedure, time of digging planting, etc., and time when products mature; also financial accounts. c. d.
534. Write history of garden and give suggestions for improving it next season. c. d.
535. Cultivate "Cleome" the "bee plant" and give five reasons why it is entitled to a place in flower gardens.
536. Describe and identify ten common weeds; tell how to eradicate them. c. d.
537. Collect the ten worst weeds of your state; indicate in one paragraph for each a method for extermination.
538. Make a collection of two weeds that roll and two that creep; ten seeds that cling, two that float, two that slide on snow, two that sail with broad wings, ten that fly; name each.
539. Give seven reasons why sweet clover is a good weed. c. d for collecting its seeds and making a drawing of its flower parts, using a lens.
540. Collect pioneer arnica (gum plant) in the valleys and true arnica in the hills; state their use as medicinal plants.
541. Describe four varietes of apples and four of peaches; tell the ones best suited to your locality, time when ready for use, etc. c. d.
542. Describe three varieties of pears and three of plums or cherries; give directions for marketing. c. d.
543. Describe two varieties of native wild currants suitable for home use and give directions for their cultivation. c. d.

544. Belong to a Girl's Flower Gardening Club; complete the work outlined by the Agricultural College of your state or the Department of Agriculture at Washington, D. C., having a score of 80 per cent or over; this entitles you to 3 new and 3 continuous seals.

*545. Belong to a Girls' Vegetable Gardening Club; complete the work outlined by the Agricultural College of your state or the Department of Agriculture, having a score of at least 80 per cent; this entitles you to 3 new and 3 continuous seals.

546. With an opera or field glass make observations on four planets; tell their stories. c. d.

547. Point out seven constellations and three nebulae; tell their stories.

548. Give the history of the beach lines and level bench on the West side of the Wasatch mountains.

549. From your own observations while going through a canyon, make notes on the mountains, the strata, the rocks, and the work of the stream including its work in soil making. c. d.

550. In some canyon observe the trees; tell why they are distributed as they are and of what value they are to the community. c. d.

*551. Care successfully for a hive of bees for one season; know their habits. c.

*552. Hatch and raise to six weeks at least ten chickens. c.

553. Give distinguishing characteristics of six varieties of hens; tell good and weak points of each.

554. Of six varieties of cattle.

*555. Milk one cow twice a day for one month, or equivalent. c.

556. Point out, name, and tell some interesting natural feature about two canyons in your vicinity.

557. Tell briefly the geological history of Great Salt Lake.

558. Select a location and erect a tent (May have the help of one girl).

559. During one week keep tent in order.

560. With material found in the woods or canyons make a shelter and bed.

561. Build a tree house sufficiently large for two girls to sleep in.

562. If you are unprovided with a sleeping porch, contrive a shelter that will take its place (See Boy Scout's Handbook).

563. Pack a horse successfully.

564. Build a fire in the open, in spite of wind and rain, from material found out of doors; build a good brisk fire and keep it going at least half an hour. No fire is to be credited until properly put out.

565. Make two good devices for holding a sauce or frying pan and two for holding a pot over a fire.

566. Start a fire without either fire or matches.

567. Without help or advice, do all the camp cooking for one day, for four persons, furnishing suitable character and amounts of food. c. Additional seal for writing menu, quantities and prices of food, gathering the wood, starting and tending the fire.

568. Make a bean-hole at least 18x18 inches; cook beans for one meeting of the Bee-Hive.

569. Know the meaning of weather signals; the general meaning of clouds, wind and temperature in your locality.

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*War Emergency cells.

570. Read some good article on tracking (See Boy Scout Handbook). Track two miles.
571. Know six blazes used by the Indians.
572. Make a willow bed such as Indians use.
573. Tie at least ten standard knots.
*574. Hatch and raise to six weeks at least ten turkeys, ducks, or geese. c.
575. Name the four principal kinds of clouds: identify them and observe the kind of weather that usually accompanies them. Read Shelley's poem "The Cloud."
576. Identify the trees within your vision from the kitchen window. C. from your front or side window.
577. Identify the weeds within your vision from your kitchen window; learn if they have any use as food. C. from your front or side window.
578. Identify the flowers within your vision from your kitchen window. C. from front or side window
579. Notice and identify the birds that come within your home grounds during the summer.
580. Notice and identify the birds that come within your home grounds during the winter.
581. Notice and identify the birds in their migrations spring and fall.
582. Tell briefly the geological history of the geysers in Yellowstone National Park.
583. Describe and give an account of the life history of the big trees of the Yosemite Valley.
584. Tell briefly the geological history of the Grand Canyon of the Colorado.
585. Tell briefly the geological history of Little Zion Canyon.
586. Describe briefly the climatic and physiographic characteristics of Glacier National Park.
587. Visit any of above parks and notice the natural phenomena you have studied about. c. d.

## FIELD OF BUSINESS.

### (Gold Seal.)

It is actually estimated that more than a hundred thousand varieties of plants would disappear if the bees did not visit them.—Life of the Bee.

601. Be employed at regular work for three months, earning $10 or less a week. c.
602. Be employed at regular work for three months, earning more than $10 a week. c.
603. Though not employed regularly, earn at least $5.00, through raising chickens, bees, flowers, vegetables, or doing any other legitimate work. c.
604. Earn $3.00 and give it to some worthy cause. c.
605. Save ten per cent of your allowance for four months. c.
606. Open a bank account, and during three months save at least ten per cent of your salary (besides your tithing); apportion the balance under heads of food, clothing, recreation, books, miscellaneous, and spend accordingly. c.
607. During four months, make your personal expenses come within

*War Emergency cells.

an amount previously determined upon; consult parents or guardian as to how much it should be. c.

608. Act as treasurer of the Y. L. M. I. A. or your Bee-Hive group for one year, keeping accurate written account of all money in your care. c.

609. During three months, be "on time" at all meetings attended. c.

610. During three months be on time for business, morning and afternoon of every working day. c.

611. Do not borrow money or any article of wearing apparel for two months. c.

612. Attend lectures (at least six) with a view to making your services to your employer or in the home more valuable. c.

613. Keep a bank account for three months; draw and endorse checks; make deposits; balance check book with bank statement or book each month. c.

614. Write a paper of from 1500 to 2000 words on vocations for women, and read it at Bee-Hive meeting.

615. Write a paper of from 1500 to 2000 words describing your state labor laws as they affect girls, women and children, including age restrictions, hours of labor, wages, etc., making suggestions to improve working conditions in your own community.

616. Make a ten minute talk at Bee-Hive meeting telling of mining and industrial operations in your vicinity.

617. At a regular Bee-Hive meeting, write the following:
   a. A business letter ordering some article from a catalogue; fill out an application blank for the money order to be enclosed.
   b. A telegram of a business nature.
   c. An application for a position.

618. Write 500 words on a typewriter from printed copy in ten minutes. C. for each additional 100 words.

619. From dictation write twenty letters in shorthand and transcribe notes at rate of thirty words a minute. c. for each additional 10 words.

620. Have a vacation away from home of not less than two weeks, spending money you have earned yourself.

621. Get three new subscriptions to the Young Woman's Journal. c.

622. Assist in getting up one or more entertainments which shall net at least $10.00 for the expenses of your Bee-Hive group.

623. Earn enough money to buy one section of your Bee-Hive chain; buy it or invest it in Thrift Stamps. c. d.

624. For a girl employed in a store: Be responsible; know the stock in your department thoroughly; use accuracy in price, measurements and weights.

625. During one month refrain from slang, loud or boisterous talk and actions. c.

*626. Bunch 1,000 bunches of vegetables. c.

*627. Pick 400 pounds cherries or equivalent. c.

*628. Pick 15 bushels of peas or beans. c.

*629. Belong to a girls Poultry Club organized under the Agricultural College of your state or the national department of Agriculture. Complete the work as outlined having a score of 80 per cent or upward. (four new and four c. seals.)

*630. Clear sage-brush, etc., off of one-half acre of land. c.

*631. Pick fourteen single cases of strawberries. c.

*632. Pick fourteen single cases of raspberries. c.

*War Emergency cells.

*633. Pick fourteen single cases of blackberries. c.
*634. Pick fourteen single cases of native currants. c.
*635. Pick eighteen single cases of dewberries. c.
*636. Pick fifty quarts of large or thirty quarts of small gooseberries. c.
*637. Spend twenty hours in a beet field thinning, hoeing or harvesting, or in hay or other fields doing necessary work. c.
*638. Spend twenty hours in field or garden cultivating or caring for any food crop. c.
639. Every day for two weeks perform your household tasks on time as they should be done before proceeding to read or play. c.
640. For one month average daily the amount of practicing on a musical instrument stipulated by your teacher and do it without being reminded. c.
641. Act as secretary of some church organization for one year recording all minutes accurately and making all required reports on time (two seals). c.
642. Be an active "Journal" agent; see that every home in your ward is visited at least annually; keep track of expirations and make effort to have subscriptions renewed promptly. c.
*643. Make one batch of either toilet or laundry soap. c.
644. Make one lot of vanilla or other good flavoring extract. c. d.
*645. For one season care for not less than twelve hens, turkeys, geese or ducks, buying or keeping account of cost of all necessary food and tending to the feeding regularly (two seals). c. for additional twelve.
*646. For one season gather and market the eggs from twelve hens. c.
647. In your own community know what are the public sources of knowledge. Know the course of proceeding to get access to a public library. Write down the classification of your own public library.
648. Name four kinds of reading matter fundamentally necessary for family use, and give several of the most necessary books or periodicals in each.
*649. Glean a bushel of wheat, oats, barley or other grain. c.

## FIELD OF PUBIC SERVICE.

(Red, White and Blue Seal.)

The love of the race of today for the race of tomorrow.—Life of the Bee.

701. Know and sing all the words of America, Star Spangled Banner, and your state hymn.
702. Know the history of any one national holiday; assist in organizing and carrying through a proper celebration of the same.
703. Know the history of some state holiday; assist in organizing and carrying through a proper celebration of the same.
704. See that the streets and alleys adjoining home are kept reasonably clean for three months.
705. Beautify the front yard.
706. Beautify the back yard.
707. Co-operate with your town authorities in using water supply to the best advantage.
708. Create a bird sanctuary (See "Protect the Wild Birds," Young Woman's Journal, April, 1915.)

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*War Emergency cells.

709. Co-operate with your town authorities in planting and protecting trees. Hardwood trees are desirable.
710. During three months, assist the Relief Society in their work of caring for the poor and sick. c.
711. Spend the equivalent of six afternoons in visiting the sick or entertaining some elderly persons. c.
712. Tell the history of each historical spot in your own locality.
713. Give the history and meaning of your national flag and of the flag of the country from which your ancestors came. (See "Flags of the Allies," in Journal for July, 1917.)
714. Know and explain the customary forms of respect due to the flag; repeat the pledge to the flag (See Handbook of Boy Scouts of America, pp. 376-7).
715. Name all the counties in your state with their principal cities; bound your own county.
716. Name ten institutions in your state devoted to public service, religious or otherwise; describe the work of each.
717. Name and explain briefly two public services rendered the people of your locality by the National government, the State government, the city or township government.
718. Write a paper of from 1500 to 2000 words describing immigration to this country, its advantages and disadvantages, and problems connected therewith.
719. Give the laws in effect in your locality in regard to public safety from fire.
720. Give the laws in effect in your locality in regard to sanitation and ventilation of public buildings, stores and factories.

Give sketches of the lives of:

721. Five educators.
722. Five great men.
723. Five great women.
724. Five statesmen.
725. Five scientists.
726. Three inventors.
727. Five musicians.
728. Five artists.
729. Identify two masterpieces of each of five great musicians.
730. The same for five great artists.
731. The same for five great poets.
732. Know the genealogy of your grandparents and great-grandparents, including the maiden names of grandmothers and great-grandmothers; give homes and occupations.
733. Sing in a quartet, duet, trio, or chorus for not less than eight hours in any two months. c.
734. Play a musical instrument in an orchestra for not less than eight hours in one month, reading the necessary music. c.
735. Play the accompaniment for some school exercise for not less than eight hours in one month. c.
736. Write a story, a poem, or words or music for a song which is either accepted for publication or adopted for use in some organization. c. d.
737. Have entire charge of two weekly meetings of the Bee-Hive, or share that labor with one other girl for four meetings. c.
738. Tell three good anecdotes and teach or lead in a good outdoor game.
739. Be a faithful Bee-Keeper or Assistant Bee-Keeper during one summer.

740. Each member of a Bee-Hive swarm who participates in carrying out a wholesome party or outing, including at least as many others (either boys or girls), may be given an honor if the work is well planned and carried out, each member having special duties; the plans to be approved by the Bee-Keeper. It must be chaperoned.

741. Each member who participates in giving a party, in which the boys and girls are about equal in numbers, and in which at least two of the following dances are learned by all, may be given an honor: Virginia Reel, Pop Goes the Weasel, German Hopping Dance, Varsouvienne, Hewett's Fancy, Plain Quadrille, National Quadrille, Rage Quadrille, Lancers.

742. Repeat from memory the preamble to the Constitution; the first two paragraphs of the Declaration of Independence; Lincoln's Gettysburg Address.

743. What is the Nobel prize? To whom has it been awarded and for what?

## War Emergency Cells.

744. Show your patriotism by growing at least two kinds of food. c. d.

745. Add to the food supply of your nation by taking care (drying, bottling, or otherwise preserving) of at least three bushels (measured in raw state) of large fruit or vegetables, or one bushel of small fruit or vegetables. c. d.

746. Add to the food supply of your nation by gathering and bottling or otherwise preserving five quarts (finished product) of wild fruits of the small varieties or ten quarts of the large. c.

747. Store five varieties of vegetables and fruits, at least one bushel of each. c.

748. By any good method cure successfully and store for use ten pounds of meat, fowl, or fish. c.

749. Take care of and preserve any other kind of food in like quantity to any listed above. c. d.

750. Stock a pond or stream with fish. c. d.

751. Join the Red Cross and pay your membership fee for one year.

752. Devote eight hours to Red Cross work. This may include planning or supervising the work of your girls. c.

756. Do the equivalent of any of the work called for in the Red Cross cells. c. d.

758. Give the history and achievements of the American Red Cross.

759. Give plan of organization of the American Red Cross.

760. Knit 1 pair of wristlets. c.

761. Knit 1 muffler. c. (2 seals.)

762. Knit 1 sleeveless jacket. c. (4 seals.)

763. Make 2 hospital shirts. c.

764. Make 2 pair of pajamas. c.

765. Make 1 doctor's or nurse's operating gown. c.

766. Make 1 bathrobe. c.

(Cells omitted rendered unnecessary by termination of war.)

783. Furnish and make an Official Red Cross Layette. Each girl joining in this (up to the number of 12) may receive two seals. c.

784. Knit 1 pair of socks. (2 seals.) c.

790. Ten times make cottage cheese. c.

791. Make 25 pounds of cheese. c.

792. Store 5 dozens eggs, using any reliable method—water glass suggested. c.
793. Can 5 quarts of fresh fruit, or preserve 3 quarts, using honey, molasses or sweetening other than sugar. c.
794. Can 10 quarts of fruit, or bottle 5 quarts of fruit juice without using sugar. c.
795. Raise 10 bushels of vegetables of one or more kinds. c.
796. Raise 5 bushels of grain, wheat, oats, rye or barley. c.
797. During one month observe the requests made by the U. S. Food Administration in regard to wheat, meat, sugar, etc. c.
798. Belong to a War Savings Society and live up to its pledges for two months. c.
799. By sacrificing some personal desires save enough money and buy a War Savings Stamp ($5.00).
800. Belong to a Girl's Club for the Conservation of Perishable Foods, organized under the agricultural college of your state or the national department of agriculture; complete the course outlined, having a score of at least 80 per cent (4 new and 4 c. seals.)
801. Belong to a Girls' Cooking and Baking Club organized under the agricultural college of your state or the national department of agriculture. Complete the work as outlined, having a score of 80 per cent or upward (4 new and 4 c. seals).
802. Make it part of your season's pleasure to keep in touch with and give pleasure to some mother or father whose son made the supreme sacrifice or is still in army, navy, or out as a missionary.
803. Make it part of your season's pleasure to keep in touch with and give pleasure to someone whose husband or sweetheart made the supreme sacrifice or is still in army, navy or out as missionary.
804. Explain the necessary process by which war is declared in an autocratic government; in a democratic government.
805. Save the money and buy a $50 Liberty Bond. c.
806, Know the words and music of the National Anthem of the country or countries from which your parents or ancestors came.
807, Know the treaty ratifying power of the president and the senate of the United States according to the Constitution.

## Child Welfare and Nutrition.

~~(Classed as War Emergency Cells.)~~

(Information to fill cells 821-5 may be obtained from a bulletin of the Utah Agricultural College, "Food and Nutrition.")

821. Name seven "Dietary Factors" essential to a safe diet.
822. Tell why mother's milk is a perfect food for the rapidly-developing infant.
823. Tell what ways the mother's condition may influence the quality of her milk.
824. Select twenty foods from the following food groups—four foods each from groups 1, 2 and 3; and eight from group 4 (3 seals):
(a) Food Groups:
Group 1. Meat, fish, fowl.
Group 2. Milk, milk products, eggs.
Group 3. Cereals.
Group 4. Fruits and vegetables.

(b) Weigh and measure 100 calorie portions of each food.
(c) Name the "Dietary Qualities" of each food.

825. Plan a dietary (2 seals.)
(a) For a mother during the nursing period.
(b) For a child two years old.

826. Belong to a University of Utah "Child Welfare" class (or that of any other State Institution); complete the work outlined, having a score of at least 80 per cent; this entitles you to 8 seals.

827. See that the baby of your family is weighed, measured, and registered with the proper authority and according to the plan of the national government; interest your friends in a like action.

828. Devote 8 hours to Child Welfare Work as outlined by Home Health Volunteers, Milk Stations, Baby Clinics, Play Grounds, Little Mothers or other clubs. c.

829. Devote 8 hours to tending a child or children thus relieving one or more persons for ~~any War Emergency work~~ [illegible] or to attend any church or auxilliary meetings.

## Indian Lore.

842. Name the Indian tribes that originally inhabited your state, the tribes and number of members now living there, and their economic and religious condition.

843. Own a genuinely Indian-made article; know to what tribe its maker belongs, what materials were used in its construction and how it was made, and the meaning of its designs or symbols. c. d.

844. Know the location, history, present economic and religious condition of the tribe where your Indian article was made. c. d.

845. Describe or identify ten Indian symbols or designs and know their meaning.

846. Give the characteristics of five different Indian tribes.

847. Be able to distinguish between the blankets of five different Indian tribes.

848. Be able to distinguish between the baskets of five different Indian tribes.

849. Know and sing six genuine Indian's songs. c. d.

850. Learn one genuine Indian song; write words and music and send to Bee-Hive committee of the General Board Y. L. M. I. A. c. d.

851. Write and send to the Bee-Hive committee a genuine Indian legend, not one from a book. c. d.

852. Write and send to the Bee-Hive committee three true incidents from the experiences of yourself or acquaintances, showing traits of the Indian character. You must be able to vouch for their authenticity.

853. Write and send to the Bee-Hive committee an account of the life and activities of one notable Indian with whom you or your people have been acquainted. You must tell the source of your information. c. d.

854. Write and send to the Bee-Hive committee a brief account of the life and activities of one Indian missionary who has lived among the Indians, one with whom you or your people have been acquainted; tell source of information. c, d.

# FOUNDATION CELLS

IN THE HIVE "THERE IS ONE MASTERPIECE, THE HEXAGONAL CELL, THAT TOUCHES ABSOLUTE PERFECTION,—A PERFECTION THAT ALL THE GENIUSES IN THE WORLD, WERE THEY TO MEET IN CONCLAVE, COULD IN NO WAY ENHANCE."

LIFE OF THE BEE.



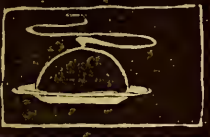

LIFT UP YOUR HEARTS AND BE GLAD, FOR I AM IN YOUR MIDST, AND AM YOUR ADVOCATE WITH THE FATHER; AND IT IS HIS GOOD WILL TO GIVE YOU THE KINGDOM.—DOCTRINE AND COVENANTS.

# HOME



THE LITTLE SMILING COTTAGE WHERE AT EVE
HE MEETS HIS ROSY CHILDREN AT THE DOOR,
PRATTLING THEIR WELCOMES, AND HIS HONEST WIFE,
WITH GOOD BROWN CAKE AND BACON SLICE, INTENT
TO CHEER HIS HUNGER AFTER LABOR HARD.

— DYER







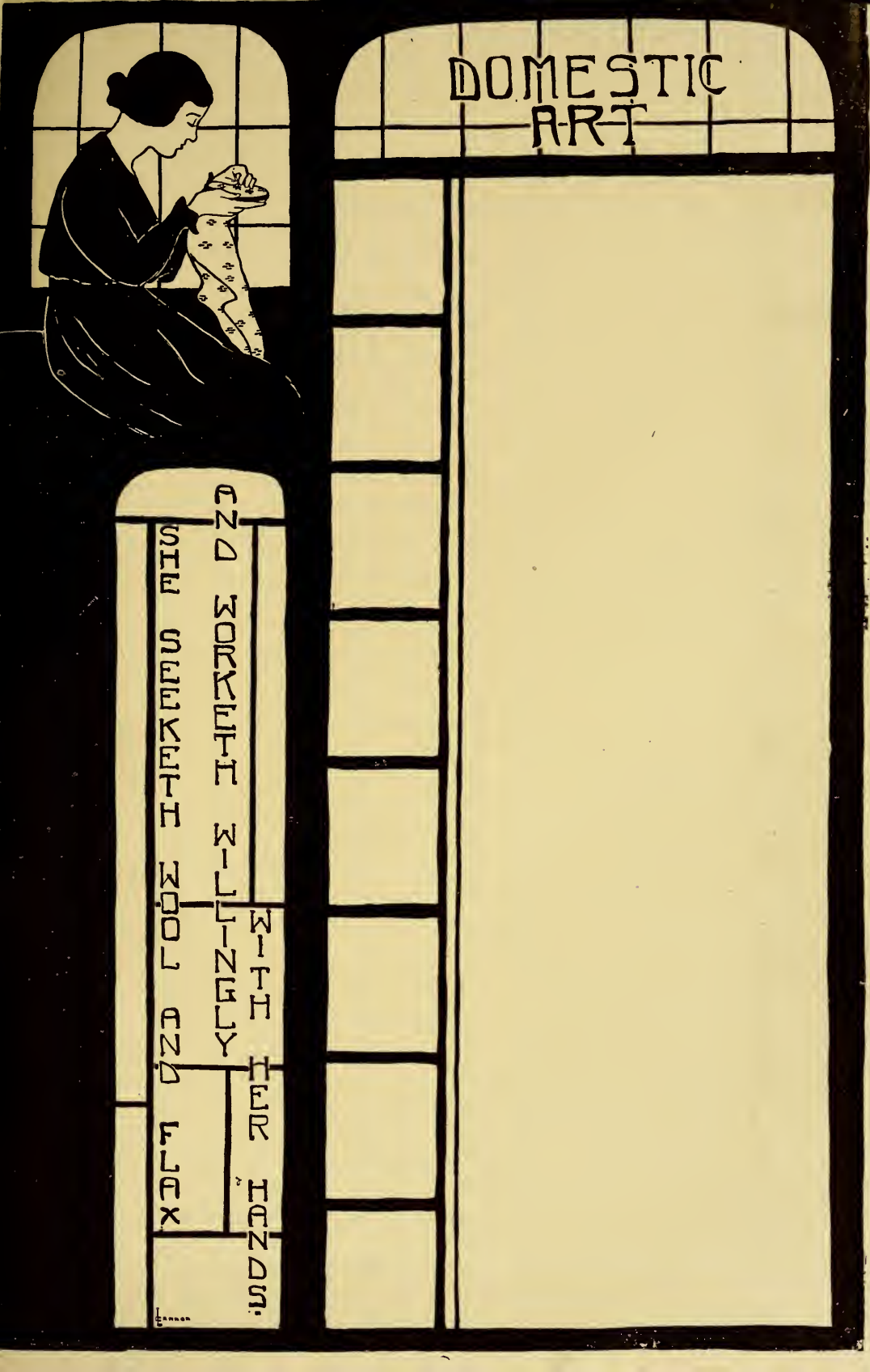


# HEALTH

BETTER TO HUNT IN FIELDS FOR HEALTH UNBOUGHT
THAN FEE THE DOCTOR FOR A NAUSEOUS DROUGHT
THE WISE FOR CURE ON EXERCISE DEPEND;
GOD NEVER MADE HIS WORK FOR MAN TO MEND.

DRYDEN




DOMESTIC ART
AND WORKETH WILLINGLY WITH HER HANDS.
SHE SEEKETH WOOL AND FLAX

# OUT-OF-DOORS

NATURE NEVER DID BETRAY THE HEART THAT LOVED HER; 'TIS HER PRIVILEGE THROUGH ALL THE YEARS OF THIS OUR LIFE, TO LEAD FROM JOY TO JOY WORDSWORTH



# BUSINESS

THE SPIRIT OF THE HIVE IS PRUDENT AND THRIFTY BUT BY NO MEANS PARSIMONIOUS — MAETERLINCK

+++ DESIRE TO LIVE AS LONG AS THE WORLD ITSELF IN THOSE THAT COME AFTER. ++ MAETERLINCK ···+··+···+·



PUBLIC SERVICE